

"Why am I **SO** Stressed Out?"

Understanding and Coping with
the Stress in Your Life

By

Paul E. White, Ph.D.

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Talking about Stress
can be

STRESSFUL!!

What to Do:

- Relax
- Stretch
- Take a deep breath
- Close your eyes
- Tell yourself, "It's going to be OK."

Indicators of Stress In Your Life

- Feeling overwhelmed
- Life is "out of control"
- Avoiding responsibilities
- Lethargy, No energy
- Irritable, "short" with others
- Social withdrawal
- Life has no meaning
- Headaches (excessive use of medication)
- Upset stomach
- Back and neck pain
- Overeating
- Problems sleeping
- Want to sleep a lot
- Recurring medical problems

Unhealthy Ways of Dealing with Stress

- Ignore it
- Chemicals
 - caffeine
 - pain-killers
 - nicotine
 - alcohol
 - prescription meds
 - other drugs
- Escape
 - TV, videos, movies
 - Sleep
 - Social Withdrawal
 - Alcohol
- Displacing
 - Physical problems
 - Anger at others
 - Depression

Understanding the Nature of Stress

Stress = Demands > Resources

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■ Stress = Work > Energy + Time

■ Stress = Emotional Demands > Emotional Resources

■ Stress = Relational Demands > Relational Resources

The Results of Not Dealing with the Stress in Your Life

- Exhaustion
- Burnout
- Depression
- Physically Ill
- "Nervous Breakdown"
- Death



Limited Resources

Time

Energy

Money

Unique Stressors Experienced By Successful Families

■ Busyness of the Parents

- Business Demands
- Professional Relationships
- Community Responsibilities
- Managing Assets
- Travel
- Extended Family Responsibilities

Unique Stressors Experienced By Successful Families

- **Busyness of the Children**
 - Sports Involvement
 - Lessons (Music, Dance, Gymnastics)
 - School Demands
 - Activities with Friends
 - Camps

Unique Stressors Experienced By Successful Families

- Too many options available
- High expectations for self
- High expectations from others

Perceived Perceived
Stress = Demands > Resources

The *KEY* Factor in Stress:

Perception

“The way we think things should be.”

Perception

- What we believe about ourselves, others, the world around us.
- Comes from our past experiences, family values, comparing with others.

Ways of Reducing Stress in Our Lives

- Reduce Actual Demands
- Increase Actual Resources
- Reduce Perceived Demands
- Increase Perceived Resources

Reducing Actual Demands

- Saying "No"
- Saying "No" again
- Following through on saying "No"

Increasing Actual Resources

- Exercise
- Healthy nutrition
- Adequate Sleep
- Recreation
- Artistic expression
- Significant Relationships/Friendships

Decreasing Perceived Demands

- Attack your Misperceptions
 - All or Nothing thinking
 - Pleasing Others
 - Discounting the Positives
 - Catastrophizing
 - “Should’s”

Decreasing Perceived Demands

- Eliminate arbitrary deadlines
- Do only the appropriate level of quality
- Quit trying to please others

Increasing Perceived Resources

- Humor
- Gratitude
- Allow yourself to ask for help
- Spiritual Renewal
 - Understanding your proper place in the universe.

APPLICATION:

In what areas of your life
do you need to reduce
stress?

Where in your life can you:

- Say "No"?
- Take better care of yourself?
- Quit trying to please others?
- Be more thankful?

List 2 practical actions you can take this week, and whom you will talk to about them.